

### 130. Dinas Island

**Distance**      **3.5 miles/5km**

**Ascent**        **404 metres**

**Start/Finish**    **Pwllgwaelod car park, SA42 0SE**

From the start join the Wales Coast Path and follow it north along the west coast of Dinas Island to Dinas Head and the summit of Pen-y-Fan (1.1 miles/1.8km). Continue along the coast passing Needle Rock and heading south to the beach at Cwm-yr-Eglwys. Turn inland here and follow the path across the island back to the start.

The coast path is easy to follow and good running in both directions from here, or leave the car at home and begin your run at Fishguard Station, following the coast path east and around Dinas Island before continuing to Newport. The T5 bus will take you back to Fishguard in about 20 mins.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Join the Wales Coast Path and follow it north along the west coast of Dinas Island to Dinas Head and the summit of Pen-y-Fan.
1.1	1.8	Continue along the coast passing Needle Rock and heading south to the beach at Cwm-yr-Eglwys.
2.4	3.8	Turn inland here and follow the path across the island back to the start.